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## Lots of questions after Lions' playoff loss

Benevides and Lulay's futures uncertain PAGE 25

## THEY'RE NOT JUST FLYING RATS

...OR SO A NEW DOCUMENTARY WOULD HAVE YOU BELIEVE PAGE 13

Mayor Gregor Robertson speaks to reporters for the first time since being re-elected. Among his priorities as he kicks off his third term in office is securing a "yes" vote in next spring's transit referendum. EMILY JACKSON/METRO

# No backup plan if transit vote fails: Robertson

**Broadway subway.** Mayor's determined to secure 'yes' result in next year's referendum

EMILY JACKSON
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Mayor Gregor Robertson doesn't have a Plan B up his sleeve if the transit referendum fails next spring.

Instead, Robertson is throwing all his energy into ensuring residents say "yes" to the mayors' council's $7.5-billion regional transit plan for the Broadway subway, rapid transit in Surrey and bus-service expansion.

"My focus is really on making sure Plan A works, that we get a positive vote in the transit referendum," Robertson said Monday at his first news conference since his re-election, held on the site of a proposed station for the subway line at Thornton Street and East 1st Ave.

"Should that not happen, then we have work to do on Plan B."

It's a different strategy than Surrey's new mayor is taking, with Linda Hepner promising to build rapid transit in her city by 2018 regardless of the referendum's outcome. Hepner would use development fees along the proposed light-rail line to pay for its construction.

If the same model was used in Vancouver, that could mean towers along Broadway in the West side, a proposal that would surely infuriate residents.

But Robertson is putting all his efforts into winning the referendum. He's optimistic that by working with Hepner and other mayors across the region, there won't be a need for Plan B.

"We really have to focus on a positive outcome," Robertson said. "Everyone in the region knows we need better transit, it's just figuring out the best way to pay for it."

The provincial and federal governments understand the region's need for transit, Robertson said, especially since the mayors came to a consensus and put forward a clear ask in their 10-year plan.

He does, however, believe there's a strong business case for the Broadway subway — expected to have 250,000 riders on its first day — no matter what happens in the referendum.

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Burnaby Mountain

## Protesters vow to continue despite court order

As the deadline for an injunction passed directing protesters to clear the way for Kinder Morgan pipeline survey crews, many vowed to defy the court's order.

A few hundred people gathered along the road and on a hillside in the Burnaby Mountain Conservation area as the 4 p.m. court-imposed deadline loomed, waving banners, chanting and vowing not to let survey crews access the conservation area. Protesters have been attempting to prevent the energy giant from conducting survey work on Burnaby Mountain related to the proposed expansion of the Trans Mountain pipeline.

The company sued several activists and sought an injunction, which it received last Friday.

On Monday, a Coast Salish First Nation member, wearing a traditional headdress and who identified herself as a guardian named Sut-Lut, vowed to defy the court order.

"To you my humankind family, all the beautiful colour I see here, I'm willing to go to jail for you because I love this Canada, I love this land and I love my human family," she said.

Mounties said on Monday that they wouldn't enforce the court order immediately. RCMP Staff Sgt. Major John Buis said police had discretionary powers that allows them to assess the situation.

"The assessment will take time and I am unavailable to give a specific timeline of when this will be completed."

THE CANADIAN PRESS

# Rental stock near 'crisis' point: Study

**BC Non-Profit Housing Association.** Almost a quarter of renters are spending half their income on housing

STEFANIA SECCIA
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The BC Non-Profit Housing Association's latest study of rental stock in the province lists the situation in the Lower Mainland as "critical." SCREENGRAB

More and more renters in Metro Vancouver and the province struggle to keep a roof over their heads as affordable rental housing stock shrinks, according to a study released by the BC Non-Profit Housing Association Monday.

The study found that nearly half of renters living in Metro Vancouver are spending more than the recommended affordability cap of 30 per cent of their gross income on rent; approximately another quarter of renters are spending more than 50 per cent of their income on rent.

"For me it was a punch in the stomach realizing how many people are spending more than 50 per cent of their gross income on rent," said Tony Roy, the housing association's executive director.

"That's tens of thousands of families who are at real risk of losing their home, living not even paycheque to paycheque, and I think it points to a crisis."

There are 304,270 renters in Greater Vancouver paying an average $1,054 a month on rent and utilities. Renter households earning less than $19,764 living in two-bedroom units pay an average 121 per cent of their income each month on rent and utilities.

"People are making big compromises in life in order to keep shelter over their head," Roy added.

Greater Vancouver also faces stark overcrowding issues as the study shows that a total of 47,410 renter households are living in conditions that are too small for their needs.

To close in on the bedroom shortfall the region needs at least 63,480 more bedrooms, according to the study.

"We thought this would be an issue that was prevalent in urban areas, but that's not the case," he said, "it's in every corner of the province."

Overall, B.C.'s total 517,430 renter households mirror the region's numbers, while the average rent, plus utilities, is $988 a month.

David Hutniak, CEO of LandlordBC, which represents more than 3,300 members managing 130,000 residential units and 6,000 buildings, said the study reinforced what the organization has been saying for years on the issue of rental supply.

"We've become a province, and it's true in Vancouver too, that's become inordinately dependent on condos to fill the gap," he said. "It's a gap filler, no question, but not ideal in terms of sustainable rental housing."

LandlordBC supported the study and will soon release its own in the next few weeks that shows the industry contributes $12.25 billion to Canada's GDP with $10.6 billion of that coming from B.C. alone.

"The rental industry has been largely ignored by all levels of government by a tax perspective," he noted. "We don't feel we're getting the attention or support we deserve, frankly, on the tax side of things."

At a press conference Monday afternoon, Vancouver Mayor Gregor Robertson committed to approving 1,000 units a year from rental housing to laneway housing opportunities.

"(Affordability) is a huge challenge for our city and the region," he said. "We'll continue to focus on getting rental housing built so there's more supply."

WITH FILES FROM EMILY JACKSON

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Independent Investigations Office chief civilian director Richard Rosenthal MATT KIELTYKA/METRO FILE

# Concerns raised about the agency that polices police

**Independent Investigations Office.** Report examines how the IIO responded to death of Gregory Matters in 2012

An independent agency created to handle serious cases involving police officers in British Columbia started its very first investigation by deploying two former cops who weren't legally permitted to be investigators, says a newly released report.

And while a review of the case found no evidence of impropriety or overt bias, the report concludes the decision may undermine the public's confidence in the agency.

The report, released Monday, examines how the Independent Investigations Office responded to the death of Gregory Matters, a former soldier who was killed in September 2012 during a standoff with RCMP in Prince George. Matters' family is now suing the RCMP.

Matters died on the same day the Independent Investigations Office, or IIO, opened its doors, and a subsequent investigation later cleared the officers involved in his death of wrongdoing.

A former investigator who was involved in the Matters investigation filed a formal complaint about how the case was handled, prompting the IIO to appoint Vancouver lawyer Mark Jette to conduct a review.

Jette's report paints a picture of an agency that was not ready to take on a major case, particularly when it came to finding qualified investigators.

When the IIO received the call about Matters' death, the agency's civilian director, Richard Rosenthal, deployed a team that included two men with extensive careers in policing: Roy Fitzpatrick and Patrick Kennedy.

However, neither were legally permitted to work as investigators with the agency.

Under the law, investigators cannot have worked for a police force in B.C. for at least five years and they cannot be on the payroll of any police agency.

At the time, Fitzpatrick was on secondment from the IIO's counterpart in Alberta, though he had worked for the RCMP in Kelowna as recently as 2008, putting him within the five-year cutoff.

THE CANADIAN PRESS

# 'Hobbit house' voted one of B.C.'s best buildings

Vancouver's "hobbit house" was among the winners of this year's Best Buildings Contest.
ERIC DREGER/THE CANADIAN PRESS

A public foundation is raising the roof for a landmark from a genteel era and a century-old villa dubbed the hobbit house.

The Architecture Foundation of B.C. is lauding the winners of its Best Buildings Contest, saying it received more than 450 nominations from around the world.

The organization asked people to vote online to determine the top 25 buildings in four regions across the province, which were then narrowed to three in each region by a panel of judges.

In B.C.'s southern region, the marine building in Vancouver was awarded the No. 1 spot, followed by the Museum of Anthropology and hobbit house.

First place in the north went to the Dawson Creek Art Gallery building, constructed from a converted grain elevator, with judges saying they were impressed the region's options included an igloo, police barracks and a shed over hot springs.

On Vancouver Island, Victoria's Empress Hotel took the top spot, while Seabird Island School in Agassiz got the premier nod in the Interior.

THE CANADIAN PRESS

A BC Ferries vessel passes under the Lions Gate Bridge in Vancouver.
JEFF HODSON/METRO FILE

# Mid-Coast. Cuts to ferry service could turn Bella Coola into 'dead-end' town

British Columbia's mid-Coast region has been hit hard by government ferry service cuts that threaten to turn the community of Bella Coola into a dead-end town, says the operator of an eco-friendly lodge in the remote Bella Coola Valley.

Tweedsmuir Park Lodge owner Beat Steiner said Monday the impact of the service cuts was almost immediate this past summer, with passenger traffic down by about 50 per cent this year and some local businesses reporting losses of up to 90 per cent.

The Transportation Ministry announced last November that route service changes to the Port Hardy to Bella Coola service included decommissioning the 115-vehicle capacity MV Queen of Chilliwack, which provided a weekly round trip and was a favourite of tourists.

A service continued to the area last summer, but with the less furnished 16-vehicle MV Nimpkish and the large, open ocean MV Northern Expedition to create a connector route between Bella Coola and Port Hardy. The trip from Bella Coola to Bella Bella on board the Nimpkish has been criticized as a bare bones, milk-run service.

Steiner said the route and service changes reduced visits on the Discovery Coast Circle Tour, which largely involved tourists, taking the Port Hardy-to-Bella Coola ferry, where they disembark and travel by vehicle across the central Interior to the Lower Mainland or the Rockies.

"We need a ferry service into Bella Coola, otherwise it is essentially a dead-end community," said Steiner at a news conference attended by Opposition New Democrat Leader John Horgan. "There's such a loss of potential that it's staggering. On that route from Port Hardy, you are seeing whales and dolphins. Bella Coola is a stunning valley. It's one of the jewels of B.C."

THE CANADIAN PRESS

# Marine life. Mystery solved: Sea-stars off Pacific coast died of virus

Scientists have cracked the mystery of what has killed millions of sea stars in waters off the Pacific coast, from British Columbia to Mexico.

Microbiology Prof. Ian Hewson of Cornell University in Ithaca, N.Y., said the culprit is densovirus, commonly found in invertebrates.

He said the virus literally made what are commonly called starfish dissolve within two to 10 days after infection, leaving them in a pile of goo on the ocean floor.

Hewson is the lead author of a study along with Ben Miner of Western Washington University that was published Monday in the Proceedings of the National Academy of Sciences.

He said the wasting disease hit about 18 months ago, at a time when the number of sea stars inexplicably exploded.

Most viruses in nature are common and help keep dominant species in check, but he said divers reported seeing mountains of sea stars in the ocean around the time mass mortalities started occurring.

THE CANADIAN PRESS

# Volunteers collect seawater for radiation research

Volunteers gather at Ogden Point in Victoria, B.C., on Oct. 15, as chemical oceanographer Jay Cullen delivers instructions on how to take a sample of seawater. COURTESY KATHERINE MAAS

**Fukushima-Daaichi nuclear disaster.** Vancouver team one of 14 groups of 'citizen scientists', says chemical oceanographer

Volunteers are collecting seawater samples off Vancouver's coast this week to help researchers measure the potential risk of low-level radiation originating from the 2011 Fukushima-Daaichi nuclear disaster.

University of Victoria chemical oceanographer Jay Cullen said the Vancouver team is just one of 14 groups of "citizen scientists" that will collect seawater every month over the next three years from B.C.'s coastal waters between Victoria and Haida Gwaii.

"There's great public demand for information about the impact of the disaster on the marine ecosystem and on the health of British Columbians," he said.

Cullen is leader of the In-FORM Network — or Integrated Fukushima Ocean Radionuclide Monitoring Network — a collaboration of academic, government, non-governmental organizations and volunteers collecting data to test the risks of radioactivity in Canada's oceans associated with the 2011 nuclear disaster in Japan.

Trace amounts of cesium-134, a contaminant from Fukushima, were first detected in Pacific waters offshore B.C. in June 2012.

The levels of radioactivity pose no measurable risk to human health or marine life, Cullen said, but higher concentrations are expected to arrive in the coming years "as the heart of the contaminated water arrives off our coast."

Once the samples are analyzed, Cullen said the data will be disseminated online at www.fukushimainform.ca and through community meetings.

THANDI FLETCHER/METRO

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# NPA plans to nix whale and dolphin breeding ban at Vancouver Aquarium

Whales and dolphins will once more be allowed to breed at the Vancouver Aquarium with the blessing of the Non-Partisan Association, which won a majority on the park board in Saturday's election.

The NPA plans to follow through on its campaign pledge to reverse the Vision Vancouver park board's July decision to end the breeding of captive cetaceans, re-elected NPA commissioner John Coupar said Monday.

While the NPA does not have the two-thirds majority necessary to rescind the motion, which asked staff to prepare a bylaw to prohibit breeding unless it was necessary for the survival of a threatened species, it does have the power to not approve the bylaw once it is brought forward, Coupar said.

Coupar did not participate in the summer vote due to a conflict of interest, but said he no longer deals with his client, an apparel company, that worked with the aquarium.

But the NPA commissioners must tread carefully before making any moves on the ban because the aquarium is suing the park board over the planned ban, Coupar added.

The beluga breeding ban may make for the sexiest headlines, but Coupar said his party's top priorities are to "turn down the temperature" in negotiations with the community centre associations and ensure the city's green spaces are kept up to snuff.

People he spoke with on the campaign trail were more concerned with these issues, along with a desire for more outdoor pools, than they were with the aquarium.

EMILY JACKSON/METRO

Beluga whale Qila leaps out of the water as a trainer watches at the Vancouver Aquarium in Vancouver, on June 25. DARRYL DYCK/THE CANADIAN PRESS

Vancouver Police pinup

## Young, cute and looking for love

The police officers posing in this year's Vancouver Police pinup calendar are of a different breed.

The police department's 2015 calendar, featuring photos of police dogs with well-known professional athletes, is now for sale. All of the money raised will go to the B.C. Cancer Foundation and the B.C. Children's Foundation. Last year, the calendar raised $21,000.

Vancouver Police K9 Officer Justice COURTESY VANCOUVER POLICE

THANDI FLETCHER/METRO

Sunday night

## Hammer attacks send two to hospital

Two men are recovering in hospital after two hammer attacks in Vancouver late Sunday night, police say.

According to police, a 67-year-old man was taking a stroll on the seawall in the area of Quebec Street and Terminal Avenue around 10:30 p.m. when another man approached him from behind and struck him in the head and arm with a hammer, knocking the him to the ground. The man was taken to hospital with a broken arm and lacerations to his head.

Shortly after, a 49-year-old man walking near Main and East Hastings Street was knocked unconscious in a similar attack. Paramedics took the second man to hospital in critical but stable condition.

STEFANIA SECCIA/FOR METRO


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The pre-season League of Legends tournament at John Oliver Secondary saw eight high school teams battle for supremacy. CONTRIBUTED

# City's first high school eSport tourney draws large crowd

**League of Legends.** Magee Secondary wins computer game tournament

STEFANIA SECCIA
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While League of Legends competitive championships can pack hundreds of thousands in major arenas across the world, they can also draw scores of youth into a Vancouver high school library.

More than 100 students came out for the pre-season tournament at John Oliver Secondary Friday to watch eight teams from eight different Vancouver high schools compete in the computer game phenomenon, League of Legends.

Magee Secondary won and the team was awarded 3D-printed versions of their online champions (characters).

"League of Legends is just as much a valid show of skills and grit as a conventional sport," said Kevin Dhir, a grade 12 student at John Oliver Secondary who started the eSport tournament with the Vancouver School Board's approval.

Dhir said there are more than 600 Vancouver high school students across 13 high schools in the eSports network, and that number is growing.

"That's the way of the future," he said. "It was ESPN that played the League of Legends final world championships. That's a really big leap forward. It's not something to overlook."

The free-to-play computer game sees five players per team, with specific roles, try to destroy the enemy team's nexus (base) before theirs is destroyed.

As of January 2014, more than 67 million people played the game per month, 27 million played it per day and more than 7.5 million players are on it concurrently during peak hours.

Riot Games, creator of League of Legends, organizes regional championship series that lead up to world championships. In 2013, the grand prize was $1 million and 32 million people watched online.

Vancouver is also home to many professional-level League of Legend players, according to Dhir.

"For the Vancouver School Board to be a pioneer of this, to be the first school board to endorse a league organization like this, it's saying something about the progressiveness and attitude of the school board," he said.

The pre-season tournament was just the lead up to the oncoming regular season that will go on throughout the year, like any other "conventional, varsity sport," said Dhir.

"We're only moving forward from here," he added. "The main challenge we've had is convincing adults who are not familiar with the concept. It's like showing them this whole other world."

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# Tories triumph in Yellowhead, Whitby

**Federal byelections.** NDP vote seems to have collapsed in Whitby with less than eight per cent

The Conservative Party of Canada has held onto the late Jim Flaherty's suburban Toronto seat according to an 8:30 p.m. report, while coasting to a decisive federal byelection victory in their Alberta stronghold of Yellowhead.

In Yellowhead, Tory candidate Jim Eglinski, a former RCMP officer and former mayor of Fort St. John, had captured 64 per cent of the vote, a commanding lead with just over half of the polls reporting.

That was well ahead of Liberal Ryan Mahugn at 18 per cent and New Democrat Eric Rosendahl at just under 10 per cent.

Still, the Conservative margin of victory was shaping up to be narrower than 2011 when Rob Merrifield won the riding with a whopping 77 per cent of the vote.

The Liberal share of the vote more than quintupled over the dismal three per cent the party won in 2011, when it finished fourth behind the NDP and Greens.

The NDP was down slightly from its 13 per cent share in the 2011 vote; the Greens did not run a candidate in the byelection.

Tory candidate Pat Perkins eked out a byelection victory in Whitby-Oshawa, fending off a surprisingly strong challenge from Liberal Celina Caesar-Chavannes.

With two-thirds of the polls reporting, Perkins, a high-profile, former two-term Whitby mayor, had taken 48 per cent of the vote — just six points ahead of political newcomer Caesar-Chavannes.

Former finance minister Flaherty, who died suddenly last spring, took the riding with a comfortable 58 per cent in 2011, more than 30 points ahead of his nearest rival.

Support for New Democrat Trish McAuliffe, who came a respectable second to Flaherty in 2011 with 22 per cent of the vote, had collapsed to less than eight per cent.

The close result, despite an all-out push by the Conservatives, suggested the resurgent Liberals may give the ruling party a run for its money in the crucial suburban ridings around Toronto — a key battleground in next year's general election.

THE CANADIAN PRESS

**Updates**

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## Nova Scotia donates Christmas tree to Boston for 43rd year

Dan Nightingale, right, fells a 13-metre tall white spruce, this year's Christmas tree for Boston, donated by John and Ethel Ann MacPherson, in Purlbrook, N.S. on Monday. Since 1971, Nova Scotia has given a tree to the people of Boston in gratitude for their assistance following the Halifax Explosion in 1917.

ANDREW VAUGHAN/THE CANADIAN PRESS

**Labrador**

## Residential school lawsuits say Ottawa liable

Fred Andersen and other former students of residential schools in Labrador will be in court in St. John's, N.L., Tuesday to fight for an apology and compensation from Ottawa.

They're among just over 1,000 plaintiffs in five certified class-action lawsuits who were excluded from Prime Minister Stephen Harper's apology in 2008 and a related compensation package.

Lawyers for the federal government deny it was responsible for schools located in St. Anthony, Cartwright, North West River, Nain and Makkovik that opened before the province joined Confederation in 1949.

The International Grenfell Association ran the first three, while the German-based Moravian Missionaries ran the other two. THE CANADIAN PRESS


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# European militants featured prominently in video of beheadings

**Militant identified.** Officials say thousands of young Europeans have headed off to jihad

The cold-eyed militants lined up behind their victims in the latest video from the Islamic State of Iraq and the Levant (ISIL) appear to come from outside the Middle East, including one from France and possibly two from Britain.

The video lingers as much on the faces of the camouflaged extremists as the men who are beheaded. The victims include American aid worker Peter Kassig and more than a dozen Syrian soldiers.

The images of ISIL militants allowed authorities to identify one of them Monday as a 22-year-old Frenchman who converted to radical Islam.

Maxime Hauchard has been on the radar of French authorities since 2011 when he took two trips to Mauritania to attend a Quranic school, said Paris prosecutor Francois Molins.

The overwhelming majority of ISIL fighters are from the Mideast, but the extremist group is trying to cement its claim on an Islamic empire straddling Iraq and Syria.

Europe appears to be a fertile ground to find supporters, with officials saying thousands of young Europeans have headed off to jihad. More than 1,000 people in France alone are under surveillance for suspected plans to join the militants, officials said.

In the video released Sunday, a militant whose face was hooded had the familiar London accent of the jihadi who also appeared in beheading videos with American hostages James Foley and Steven Sotloff, and with British hostages David Haines and Alan Henning.

There also were indications that a Welsh medical student may be the man standing next to Hauchard. THE ASSOCIATED PRESS

**Peter Kassig**

**The parents of an Indiana aid worker, Peter Kassig, who was beheaded by Islamic State militants say their son "experienced first-hand more of the harsh realities of life," but chose to believe in the good.**

- Ed and Paula Kassig of Indianapolis read a brief statement Monday, the day after the U.S. confirmed that their 26-year-old son had been killed.

## Kenyans rally for women's right to wear what they want

A Kenyan woman protests with others for the right to wear whichever clothes they want, at a demonstration in downtown on Monday in Nairobi, Kenya. A recent incident in which a mob of men surrounded a woman and tore her clothes off, leaving her naked in front of a bus stop after alleging that she was improperly dressed, is one of several videos that have surfaced online in recent days leading to a groundswell of anger. On Monday around 1,000 demonstrators, including a number of men supporting the cause, marched through the capital and protested online using the hashtag #MyDressMyChoice. BEN CURTIS/THE ASSOCIATED PRESS

**Nebraska**

## Ebola-infected surgeon dies

A surgeon who contracted Ebola while working in his native Sierra Leone died Monday while being treated at a Nebraska hospital, the facility said.

Nebraska Medical Center said in a news release that Dr. Martin Salia died as a result of the disease. Salia, 44, had been working as a surgeon at Kissy United Methodist Hospital in Sierra Leone. THE ASSOCIATED PRESS

**Ebola zone**

## Red Cross facing recruitment issues

Red Cross officials helping to lead the fight against Ebola in West Africa said Monday they're having trouble recruiting health-care workers. Antoine Petitbon of the French Red Cross said the organization faces a problem: Sixty per cent of people it signs up to work in the Ebola zone back out due to pressure from families and friends. THE ASSOCIATED PRESS

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# Chevrolet joins grasslands project

**First corporate participant.** As part of program, carmaker has purchased carbon credits equal to taking 5,000 cars off the road

Auto manufacturing company Chevrolet is the first corporate participant in an initiative that pays farmers not to convert rolling grasslands, like those pictured here in North Dakota's prairie pothole region. JOHN FLESHER/THE ASSOCIATED PRESS FILE

Chevrolet is the first corporate participant in a public-private initiative that pays farmers not to convert natural prairie to large-scale crop production, which would release gases that are warming the planet, officials said Monday.

The automaker, a division of General Motors, said it has bought more than 39,000 metric tonnes of carbon credits from North Dakota ranchers in the prairie pothole region, a broad expanse of grasslands and wetlands reaching across the northern Great Plains and parts of Canada.

"The amount of carbon dioxide removed from our atmosphere by Chevrolet's purchase of carbon credits equals the amount that would be reduced by taking 5,000 cars off the road," U.S. Agriculture Secretary Tom Vilsack said.

Grasslands store huge volumes of carbon dioxide, one of the gases most responsible for climate change.

Tilling the soil for agriculture releases the gases into the atmosphere. Preserving grasslands keeps carbon bottled up and preserves habitat for waterfowl and other wildlife.

THE ASSOCIATED PRESS

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## Budget. Conservatives checking off 2011 promises

Doubling the children's fitness tax credit. Check.

Income splitting for couples with kids. Check.

The Conservative government has been ticking off boxes recently beside its list of multi-billion-dollar, family-friendly promises made during the 2011 election campaign, pledges contingent on a balanced budget.

With a smaller-than-expected surplus forecast for next year, the Tories still have outstanding commitments to fulfil before the 2015 election, such as an adult fitness tax credit and a plan to double the annual limit on tax-free savings accounts.

The situation raises a question: Is there enough cash in federal coffers for the Conservatives to make good on these promises in time for the scheduled October vote?

Budget watchers believe so.

They expect there's enough room in next year's $1.9-billion projected surplus, which was smaller than expected after the recent drop in oil prices and the government's commitment of billions of dollars for the family measures.

THE CANADIAN PRESS

**Wiggle room**

**$1.9B**

Budget watchers believe there's space left for the measures in next year's $1.9-billion projected surplus, even though it was reduced by the recent drop in oil prices and the government's commitment of billions of dollars for the family measures.

**Coffee pods**

### Keurig 2.0 jolts customer revolt

Frustrated coffee drinkers who have "hacked" their way around restrictions built into the new Keurig brewers may just be looking for a hurdle to overcome, says the president of Keurig Canada Inc.

Keurig is facing criticism over the latest version of its popular coffee machine, the Keurig 2.0, which uses technology that restricts the machine to brewing K-Cups from its licensed partners.

THE CANADIAN PRESS

**America**

### Fuel prices drop, but airfares soar

U.S. airlines are saving tens of millions of dollars every week because of lower prices for jet fuel, their largest expense. So why don't they share some of the savings with passengers?

Simply put: Airlines have no compelling reason to offer any breaks. Planes are full. Investors want a payout. And new planes are on order.

In fact, fares are going higher. And those bag fees that airlines instituted in 2008 when fuel prices spiked aren't going away either.

THE ASSOCIATED PRESS

**Market Minute**

**DOLLAR** 88.53¢ (-0.15¢)

**TSX** 14,882.50 (+39.40)

**OIL** $75.64 US (-$0.18)

**GOLD** $1,183.50 US (-$2.10)

**Natural gas:** $4.31 US (+$0.16)
**Dow Jones:** 17,647.75 (+13.01)

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# SHARING LEADS TO CARING: SCIENCE

SHE SAYS
**Jessica Napier**
metronews.ca

Dining out with a crowd can be a major headache. It's always a challenge to wrangle a group of friends into picking a date and an appropriate restaurant that suits everyone's dietary preferences. After that, you have to try snagging a table to accommodate a large party and bring out the calculators when it's time to pay the bill. All of this effort is enough to make even the most sociable foodies give up a night out in favour of a solo frozen pizza at home.

But before you settle in for a long winter of hermit-style eating habits, consider this: Enjoying food with others is actually good for you — not necessarily for your wallet or your waistline, but it just might help improve your interpersonal skills.

Spending meal times with friends and family and sharing food with one another can lead to increased levels of altruistic behaviour, according to a new study from Belgium published last month in Appetite. In this case, it's not about where you eat or with whom, but *how* you eat that makes a difference.

The study makes a clear distinction between sharing a meal together, and sharing food. Eating off your own plate in close proximity to fellow diners won't make you a better person. Sharing large dishes, on the other hand, encourages considerate and selfless behaviour in everyone at the table.

According to the research report, adults who engaged in shared meals during childhood were more likely to have "prosocial" personalities later in life compared to those who ate in solitary contexts. These communal eaters were more likely to help a friend move, give up their seat on public transit or offer directions to a stranger.

Of course, not everybody likes to share. While collective cuisine is customary in other cultures around the world, North Americans tend to cater more to individual preferences. As a result, people can get pretty territorial when it comes to their food. I know plenty of individuals who refuse to order tapas dishes or "family style" platters because they fear they won't get enough to eat.

Communal dining definitely demands a certain level of cooperation: It forces diners to be considerate of others and not just their own appetites. You have to be flexible, adaptable and open to trying new things — especially if everyone wants to order the calamari and you're a bit timid when it comes to tentacles.

Divvying up your meals requires mindfulness. It means abandoning your individual gluttonous instincts and distributing food equally at the table. You're less likely to overindulge when others are monitoring your portion sizes; no one wants to be the greedy friend who took more than his or her fair share. And just think how much easier it is to split the cheque evenly rather than argue over who had the more expensive entrée.

## Regulation: The Coupons Game

A student plays a new board game that ridicules the Communist-era food and goods rationing system, as the game is launched Monday in Warsaw, Poland. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

### Ration your food! Wash dishes for the collective good! What fun!

A new Polish board game ridicules the Communist-era rationing system that was used in the 20th century to keep prices under control and fight speculation, with food and goods difficult to get.

Regulation. The Coupons Game was launched Monday by the state-run National Remembrance Institute, which teaches Polish history.

The head of the institute's public education section, Andrzej Zawistowski, said state rationing of goods was introduced in times of war or crisis. It was last used in Poland in the 1970s and '80s due to a shortage of food, fuel and other goods.

THE ASSOCIATED PRESS

**How to play**

**In the game, players are tasked with duties such as cooking a dinner or doing the washing.**

- They need to trade their rationing coupons cleverly to be able to buy the necessary products before they run out.

**MetroTube**

## The cutest way to overcome your fears

ANDREW FIFIELD
andrew.fifield@metronews.ca

ISTOCK

**OK, so we're not going to crack wise about why Queso the pit bull is so frightened of passing through doorways, because such a terrifying association is sad. But Queso is all good now, and appears to be in an extremely healthy and happy home — one so comfortable, it's provided him with the security to come up with a clever workaround. (Rhiannon Hamm/YouTube)**

**Twitter**

**@metropicks asked: Chopin died in Paris, but he wanted his heart sent to Poland. Where would you like your heart to rest?**

**@LoveLevity:** I would like my ashes spread at some of the worlds best festivals. Burning man in the US and Shambhala in Canada.

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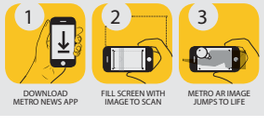


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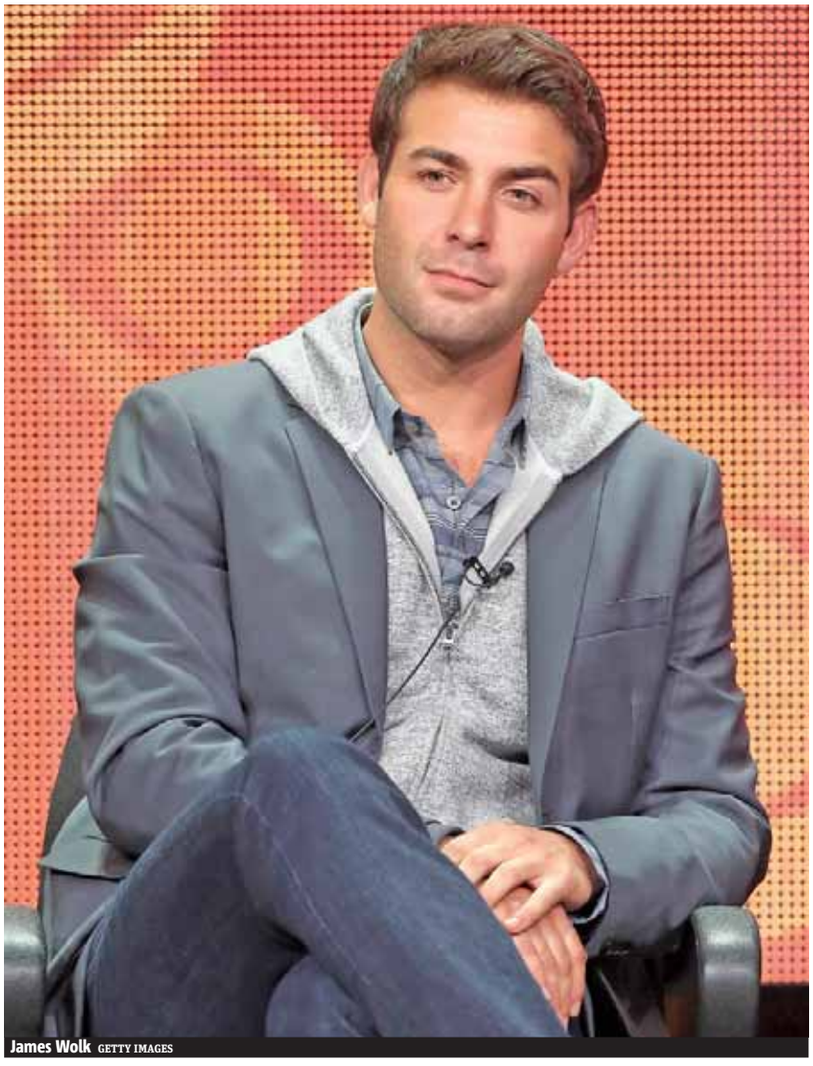
SCENE 2

# Wolk-case scenario? Fans can't quite place his face

**Television.** Busy actor James Wolk isn't complaining if viewers recognize him, but don't know from which show

NED EHRBAR
Metro in Hollywood



James Wolk GETTY IMAGES

Always Woodstock star James Wolk has become a familiar face to viewers all over, thanks to work on the small screen on Mad Men, Shameless, Happy Endings, The Crazy Ones and a slew of other shows. But he still sometimes forgets about that when he runs into those viewers in public.

**Have you ever had your own quarter-life crisis like the one Catherine (Allison Miller) has in Always Woodstock? Where you start to question everything you've been doing with your life?**
You know, Catherine obviously goes through a huge quarter-life crisis. For me, I think getting into my late 20s really shifted where I place importance in my life. There are definitely a few times I could point to, a pivotal time where there was a change in my focus. I don't know if that's a quarter-life crisis so much as a quarter-life, like, taking stock of ... yeah.

**Like a readjustment?**
Yeah, a quarter-life readjustment, perfect. It doesn't sound as dramatic. Hey, maybe mine's still coming, who knows. You never know. Thank God I've been busy, and it's been an incredible journey. No career doubts, nope.

**Do you get a sense when people see you on the street which TV show they're recognizing you from?**
I don't even know. It's a real crap shoot at this point. It's awesome that I can't point to one thing and people kind of come up with different shows. This was the best one: Somebody the other day was like, "You know who you look exactly like?" And I think it's maybe because I don't carry myself in a (famous) way. I don't come in with my sunglasses and my head down. I don't come in as though I am anyone because, number one, I don't think that I am, and I also kind of forget that I've been on these shows. So I walk in and I'm waiting to order my coffee or something, and someone will look at me and I'll be like, do I have something on my face? What's going on? I literally forget that I'm an actor. So I think that translates, and then they go, "You know who you look like?" Sometimes I'll be like, "It's funny you say that, I get that a lot," or sometimes I'll just be like, "Yeah, it's me."

**Quoted**

"It's awesome that I can't point to one thing and people kind of come up with different shows. This was the best one, somebody the other day was like, 'You know who you look exactly like?'"
Actor James Wolk

**Wait, how often do you pretend you're not you?**
Very rarely, very rarely. Because I almost think it's rude.

**I know you're not really allowed to talk about what's going to happen on Mad Men, but let's talk about what already has happened. Have you lost your fan favourite status since how the last few episodes shook out for Bob Benson?**
Yeah, the fans were like, "How could you?" People became indignant about it, it was amazing. It was really unbelievable. He definitely was beloved, and we'll see what happens. I can't say anything about what's going to happen, yeah, but it's amazing to see people respond to him like that — or, you know, not respond to him.

**DVD review**

## 22 Jump Street

**Directors.** Phil Lord, Christopher Miller

**Stars.** Channing Tatum, Jonah Hill

There's nothing Channing Tatum and Jonah Hill guys won't do (or redo) for a laugh, the bigger the better and as stupidly as possible.

While everything in 22 Jump Street is writ larger from their earlier pairing in 21 Jump Street), it's also mirthfully familiar to their earlier hit. They're still going undercover as students, to college this time instead of high school, and once again sleuthing the source of a lethal new street drug.

They're also once again under the anarchic guidance of co-directors Phil Lord and Christopher Miller.

22 Jump Street may sound like a cash grab in yet another franchise, but Lord and Miller mercilessly riff on that very idea. This is serious meta mayhem.

## Sin City: A Dame to Kill For

**Directors.** Frank Miller, Robert Rodriguez

**Stars.** Eva Green, Josh Brolin

In the long-awaited Sin City sequel, you can still slash the neo-noir nihilism with a knife — along with a few throats. But this time, the dames seem even tougher than the dudes.

Take Eva Green's Ava, the dame of the title, who dispenses with morality as quickly as she doffs her clothes, which is very fast. Ava loves to tempt men to the point of madness, among them private dick Dwight (Josh Brolin), and familiar street thug Marv (Mickey Rourke).

Sin City is a town of bad women and worse poets, where fists are hard, talk is tough but nothing is for real — and nothing doesn't add up to much.

PETER HOWELL

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Go ahead. Get skilled.



# Exotic, majestic and lovable — pigeons?

**Television.** CBC documentary shows a whole different side of the lowly bird that city-dwellers often treat with contempt

RICHARD CROUSE
scene@metronews.ca

Whether they're invading your condo balcony, blocking the sidewalk, ruining lunch on the patio or bombarding your car, there's not a whole lot of love out there for pigeons.

But director Scott Harper would like to change all those rat-like perceptions of these noble birds.

"They have a varied and amazing story in service of humankind," he insists.

"What makes them kind of lovable is that they've done all this for us and yet, for the most part, they are greeted with contempt."

Harper's documentary, The Secret Life of Pigeons, airs Nov. 20 at 8 p.m. ET on CBC's The Nature of Things.

"We were looking for a nature story that hadn't been told yet, and their story was just unbelievable," he says.

"They are the world's oldest domestic animal. You see them in ancient Egyptian hieroglyphs, in Mesopotamian tablets," he notes. "They were the first animals used to communicate. In ancient battles, Genghis Khan, Julius Caesar and the Egyptians used them to send messages across enemy lines.

"They were the first phone service, the first postal service. Before that, they were domesticated as food," he adds.

"So they've been a source of food, they've been an amazing source of communication, especially through war, delivering medicines, financial information and, eventually, they also became a source of entertainment; racing the birds, breeding the birds."

To illustrate the majesty of the city pigeon, Harper strapped a camera on one of them, literally giving us a bird's eye view of Toronto.

"What you get from that is a perspective on the city, and just how nimble they are."

Pigeons are the world's oldest domestic animals, dating back to ancient Egypt, and were the first form of long-distance communication. A documentary celebrating the misunderstood bird airs Thursday on CBC. CONTRIBUTED

Harper's documentary also profiles Cliff Robertson, a Manitoba cattle farmer who has kept birds since he was five, and now has 800 fancy Jacobin pigeons.

His favourite breed is an eccentric-looking bird with "a collar of feathers that grows from the neck and radiates upward, encasing the head. People would not recognize them at all as a pigeon."

"We don't know how many varieties there are," Robertson says. "We are guessing there are in excess of a thousand species of pigeons."

He notes there are organized pigeon clubs and contests on every continent except Antarctica.

"I've judged all over the world. I've judged in Saudi Arabia, Bahrain and Qatar. When I go there, it is unbelievable. You walk in and you're like a rock star. Seven out of 10 men who have hobbies in the Middle East have birds. Until the early '80s, worldwide, pigeons were the third-biggest hobby next to stamps and coins."

Harper isn't surprised by the popularity of pigeons around the world.

"If you look at them long enough, you'll see something quite exotic and something quite impressive, as opposed to something dirty."

**Quoted**

**"Until the early '80s, worldwide, pigeons were the third-biggest hobby next to stamps and coins."**

**Pigeon fancier Cliff Robertson,** on the popularity of raising and racing the birds

The Word

## Bono's bike boo-boo brings Tonight Show bow-out

NED EHRBAR
Metro in Hollywood

First the falling luggage, now this. Bono is proving he's a danger to himself and others whether in the air or on land. I'm assuming next week he'll fall over the railing of a cruise ship like Pete Campbell's mom.

Bono was bicycling in Central Park recently when he took a nasty spill — so nasty that he has to undergo surgery to treat an arm injury. The spill has spurred the band to postpone a planned week-long residency at The Tonight Show, the other three U2 members announced on the band's site.

"It looks like we will have to do our Tonight Show residency another time — we're one man down," the message reads. "We're sure he'll make a full recovery soon, so we'll be back!" Given Bono's recent penchant for disaster, that sounds kind of threatening.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## Farrell flexes writing muscle in support of Irish marriage equality

In other, more pleasant Ireland-related news, Colin Farrell is making noise for gay rights in his home country — and letting everyone know that he has a very attractive gay brother in the process (even if that brother is off the market already).

Farrell published a letter in Dublin's Sunday World pushing for marriage equality in Ireland. And, as it turns out, the Total Recall star has quite a way with words.

"My brother Eamon didn't choose to be gay. But he was always proud of who he was. Proud and defiant and, of course, provocative. Even when others were casting him out with fists and ridicule and laughter of pure loathsome derision, he maintained an integrity and dignity that flew in the face of the cruelty that befell him," he writes.

Colin Farrell ALL PHOTOS: GETTY IMAGES

"The fact that my brother had to leave Ireland to have his dream of being married become real is insane. It's time to right the scales of justice here."

Nicki Minaj

## Nicki Minaj's credit score takes a dive

Nicki Minaj has seen her credit score drop nearly 100 points ever since an outlet accidentally published her social security number while writing about the R&B star's 2003 shoplifting arrest, according to Radar Online. "Nicki's credit score dropped almost 100 points soon after because there were many inquiries into her financial records. The credit reporting agencies, detecting a lot of irregular activity, immediately notified Nicki's camp," a source says. "Since Nicki's social security number was made public on the booking information sheet, and that was leaked to the media this week, it's out there now. Nicki might have to get a new social security number. It's caused her a lot of stress."

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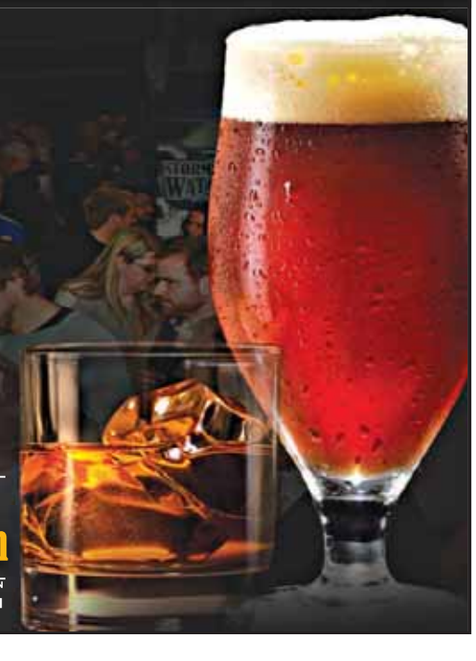

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# Want to get waisted?

**Waist training.** An updated version of the 19th-century corset is making a comeback

IZABELA SZYDLO
life@metronews.ca

If you knew Kim and Khloe Kardashian and Jessica Alba wore a corset to attain that elusive hourglass figure, would you wear one, too?

If Instagram's almost 300,000 search results for the hashtag #waisttraining are any indication, celebrity endorsements seem like a good enough reason to say yes.

But is waist training all it's laced up to be?

Aisha George is the owner of 416 Hour Glass Girls, a Toronto company specializing in waist trainers.

Before launching her business a year ago, George had an accident that resulted in lower back pain. Her doctor recommended a waist trainer for support and, to George's surprise, the unintended side effect was weight loss.

She says she went from an extra large to a medium in five weeks.

"It is a modernized version of the corset," she says. "Most of the waist trainers are made of latex or cotton with boning and have only two hooks in the back. So it isn't the extreme corset with lacing from the Victorian era."

George says the idea is to wear the garment for a minimum of two to a maximum of eight hours daily, which, due to the compression, encourages the intake of smaller meals and also causes extreme sweating in the mid-section. If used consistently, supporters claim it will radically reduce and reshape the waist.

The idea behind waist training is that the garment will cause extreme sweating in the midsection and result in an hourglass figure. CONTRIBUTED

But Rita Catolino, a certified personal trainer and online transformation coach, isn't buying it.

"We're in this society of instant gratification and it's playing on people's desperation. You can't put something tight around your body and have it change on a cellular level or lose fat percentage," says Catolino. "All you're doing is shifting the weight around. You're going to sweat more so you'll lose water weight, but in two days, when your body rehydrates, that weight is coming back."

While 19th-century corsets were laced in the back, the waist trainers gaining popularity today have a hook system. ISTOCK

Kim Kardashian gushed about waist training with this post. INSTAGRAM

**The slow and steady way**

**While George encourages her clients to pair waist training with diet and exercise for optimum results, Catolino is an advocate of working with what you've got. "You can make your waist look smaller by training your shoulders with lateral pull-downs, lateral raises and overhead presses. When you have larger shoulders, you're going to have that V-taper. Training your glutes is another way. The higher and bigger your glutes, the smaller your waist will look."**

Catolino also identifies a host of health concerns that could arise from waist training, such as bruised ribs, digestive issues, respiratory problems and chafing.

"It's almost so obvious how bad it is," she says, pointing to digestion as an example. "The whole process of digestion starts from swallowing to food being broken down and moving to your colon. If things are being squished it won't happen the way it should."

George, however, chalks up the possible dangers to a matter of sizing.

"No one who has purchased from me has experienced digestive issues because I ensure my clients get proper sizes," she says.

"If you are a large but get a small, you will have extreme discomfort. That is not the safe way to waist train. You should be able to breathe, eat and work out in the garment. Yes, you may want to eat smaller portions, but that is what many fitness experts recommend anyway.

"I also recommend wearing a camisole under the garment to prevent skin issues."

One of George's clients, Kim Thornhill of Oakville, Ont., uses the more breathable cotton waist trainer during cardio. She says despite the possible dangers and the fact that currently no medical research exists to support waist training as a weight-loss method, she isn't discouraged.

She does, however, believe people shouldn't rely solely on the practice.

"I use the waist trainer as an aid in maintaining an hour glass shape and I'm also supporting that with exercise, eating right and yoga," she says. "As with anything, people can take it to the extreme. But I've seen results from waist training and plan on continuing."

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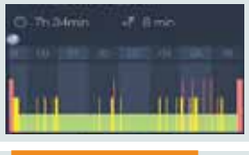

Decisions, decisions

## The influence of intuition

Intuition tells us more than we sometimes care to admit about the quality of our decisions, according to a new study led by Ryan B. Scott at the University of Sussex in the U.K. The results of the study, which involved 450 unpaid participants, suggest the unconscious assesses the accuracy of decisions in a way that's unrelated to the information used to make them, a phenomenon called "blind insight." AFP

# Racing toward a life less ordinary

**Wellness.** At age 17, Ryan Reed was told he'd never race again; catch him in NASCAR's junior league this season

EVA KIS
Metro in New York City

Ryan Reed's race car is outfitted with a dashboard that includes a blood glucose monitor. CONTRIBUTED

Ryan Reed may be on the fast track to NASCAR racing, but he had to get there his own way.

When they were growing up in California, Reed's older brother Cole drove a Ford Mustang, the same car Reed now races. Though he says he has "a lot of pretty awesome memories" of his brother's car, they're all from the passenger seat.

"There was no chance of me driving it," he tells Metro. "My first car was actually the truck that pulled my race trailer."

Getting behind the wheel wasn't his only challenge. Reed, 21, is in many ways not the typical Type 1 diabetes sufferer. He was diagnosed in his late teens with the disease, which (like Type 2 diabetes) has a genetic component but is triggered by unknown factors.

"I definitely had a lot of the symptoms. I was pretty sick, but it was still a shock," Reed says. "I didn't know much about diabetes. There's a lot of misinformation about diabetes that weighed on me."

Finding out the facts

**I didn't know much about diabetes. There's a lot of misinformation about diabetes that weighed on me.**
Ryan Reed, NASCAR driver

The heaviest of his concerns was about his career: By age four, he was already a Kid's Kart Track champion, and by eight, Junior 1 Corner champ. But doctors told him he would have to give it all up.

"I felt like I could adapt my life, but not to race would be really hard to accept."

So he didn't. Reed began managing the disease, instead of letting it set the boundaries.

His Roush Fenway Racing stock car is outfitted with a rig that allows him to drink fluids while racing, and he receives insulin injections during pit stops.

But, as with racing, managing his condition is about preparation through a healthy diet and exercise.

He works with a nutritionist and does strength and endurance training at the gym.

And besides his car, there's another machine that travels with him on race day: a road bike.

"The tracks tend to be in really beautiful areas, so I'll get on my bike and check it out."

Through Drive to Stop Diabetes, Reed works with children's organizations, and though he's usually asked about what brand of insulin pump he uses and how often he checks his blood sugar, it's hearing about what's still possible with diabetes that gets kids excited.

"I have Type 1 diabetes, and I'm still driving a race car. It doesn't make (diabetes) cool, but it makes it a little less scary."

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LEARNING CURVE
Tuesday, November 18, 2014

Dr. David Cheriton, a founding investor in Google, Vancouver native and University of British Columbia alumnus has donated $7.5 million to the school. CONTRIBUTED

# UBC receives $7.5M donation from alumnus

DANIEL HENDRIKSEN
For Metro

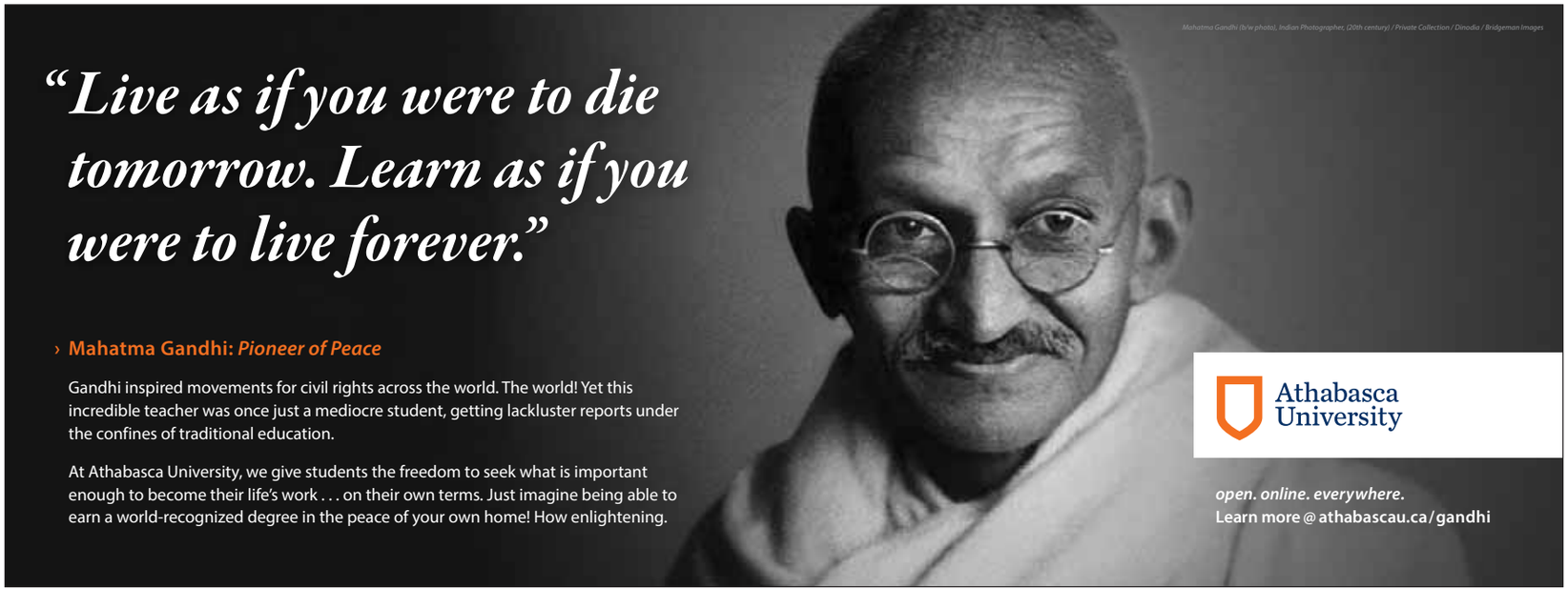
Dr. David Cheriton, a founding investor in Google, Vancouver native and University of British Columbia (UBC) alumnus has donated $7.5 million to the school. The funds bestowed by Cheriton will be used to create a new chair in computer science and to create a first-year course in computational thinking.

The David R. Cheriton chair in computer science will allow UBC's department of computer science to hire a senior researcher in the field of computer systems. Beginning in the fall of 2016, the first-year course in computational thinking will teach UBC students to solve problems using computer science techniques.

"I have the deepest respect for David Cheriton, a scientist and philanthropist who supports the next generation of innovators," UBC president Arvind Gupta said in a media release. "His generosity will bolster computer science research and help UBC lead in an exciting and rapidly changing field."

Cheriton is a professor at Stanford University. He graduated from UBC with a bachelor's degree in mathematics in 1973, before receiving his master's and PhD from the University of Waterloo. In 1998, he was one of the founding investors in Google.

"I am excited to invest again in UBC to expand the department of computer science and help them meet demands at this time of rapid growth in this field," Cheriton said. "The new chair will hopefully extend the already recognized strength of the department; the new course should make computational thinking accessible to students outside of computer science, a thinking discipline I regard as key to a 21st-century education."



# Surrey brewer supports SFU autism research

DANIEL HENDRIKSEN
For Metro

The president of Surrey's Central City Brewing and Distillery has donated $500,000 to support autism research at Simon Fraser University (SFU).

Darryl Frost and his wife, Lee, will see their generous gift go towards hyperbaric oxygen therapy (HBOT) and other therapies used to treat autism at SFU. The school is home to the only civilian hyper/hypobaric chamber in Canada.

Autism is a disease that hits home for the Frosts, as their son, Callum, was diagnosed two years ago. The funds will establish the Callum Frost Professorship in Translational Research in Autism. The money will also empower SFU to appoint a world-class researcher to investigate atypical brain development with a strong focus on autism.

The donation allows Frost to support a cause that significantly helped his son. Callum was diagnosed with pervasive development disorder, a type of autism, in 2012. Tantrums, self-beating, aggressive behaviour and anxiety were all symptoms that Callum experienced, but the HBOT was beneficial for him.

"He was an extremely low-functioning child, unable to do anything for himself, including feeding, dressing and communicating," Lee Frost said in a press release. "However, with dietary changes and intense hyperbaric therapy he is now talking in sentences and is more compliant. He no longer has sensory issues or shows any of the behaviours that once engulfed him, and attends kindergarten with an aid."

Learn more at hbot.com.

Darryl Frost and his wife, Lee, have donated $500,000 to support autism research at Simon Fraser University. CONTRIBUTED

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# Douglas assists with job search

DANIEL HENDRIKSEN
For Metro

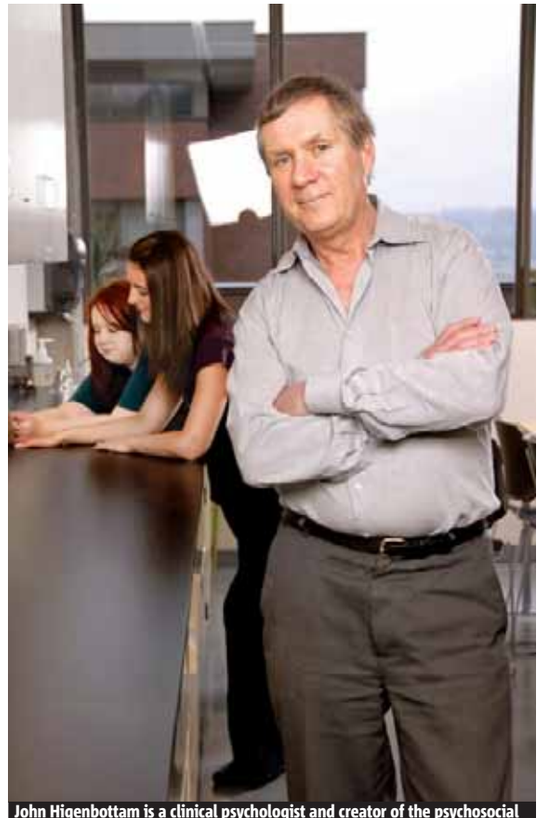
A grant from the province of British Columbia is allowing Douglas College to launch a new program aimed at training mental health workers to assist those who suffer from mental health issues obtain employment.

The B.C. Ministry of Advanced Education, through its B.C.'s Skills for Jobs Blueprint, has allocated $75,000 to get the project started. It provides webinar-based education sessions for mental health and employment practitioners within the Vancouver Coastal Health and Fraser Health authorities. The goal of the program is to improve the workers' skills and knowledge in order to better assist patients with serious mental illness and substance use problems find and succeed in jobs.

Douglas is offering the program through the psychosocial rehabilitation advanced practice, a centre funded by the Ministry of Health that provides leadership, education and guidance to the mental health field.

John Higenbottam is a clinical psychologist and creator of the psychosocial rehabilitation program at Douglas. He says the intended outcome of this project is to lead to improved client quality of life, as well as increased skills for mental health and social service practitioners who help people living with mental health and substance use problems.

"Evidence shows that employment can and does help people recover and has positive system impacts," Higenbottam said. "A recent 10-year study demonstrated a significant reduction in hospital and service system costs for individuals who were in stable job situations. Essentially, helping people get and keep jobs is a proven strategy for recovering a life worth living."



John Higenbottam is a clinical psychologist and creator of the psychosocial rehabilitation program at Douglas College. CONTRIBUTED

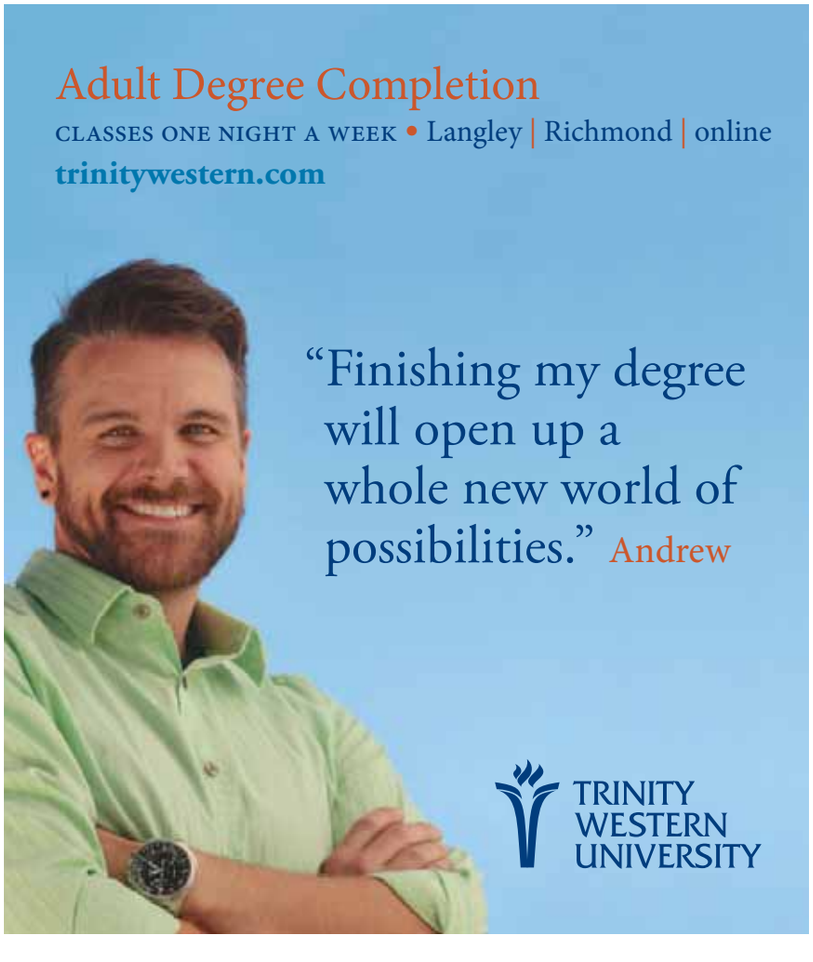
# BCIT. Student innovators visit the Lower Mainland

Some of Canada's top student innovators visited the Lower Mainland last week, as the British Columbia Institute of Technology (BCIT) hosted the ninth annual Polytechnics Canada Student Applied Research Showcase on Nov. 14.

The event is part competition and part science fair, designed to give students a platform to present their cutting-edge projects to their peers and a panel of judges. Some of the innovations presented include: A cellphone app that sends time delayed text and voice messages; another app that keeps all medication info in safe digital storage in smartphones; an educational crime game; and a vehicle tracking system for transit users.

"Our annual Student Applied Research Showcase raises the profile of the impact of polytechnic applied research for our students and our partners" Nobina Robinson, chief executive officer of Polytechnics Canada, said in a press release. "Our annual celebration highlights student creativity and ingenuity in solving industry problems. The showcase demonstrates that federal support for our model of collaborative applied research is building vital innovation skills in our students and graduates; these are the skills employers are clamouring for."

DANIEL HENDRIKSEN



# Celebrating forensic nurses

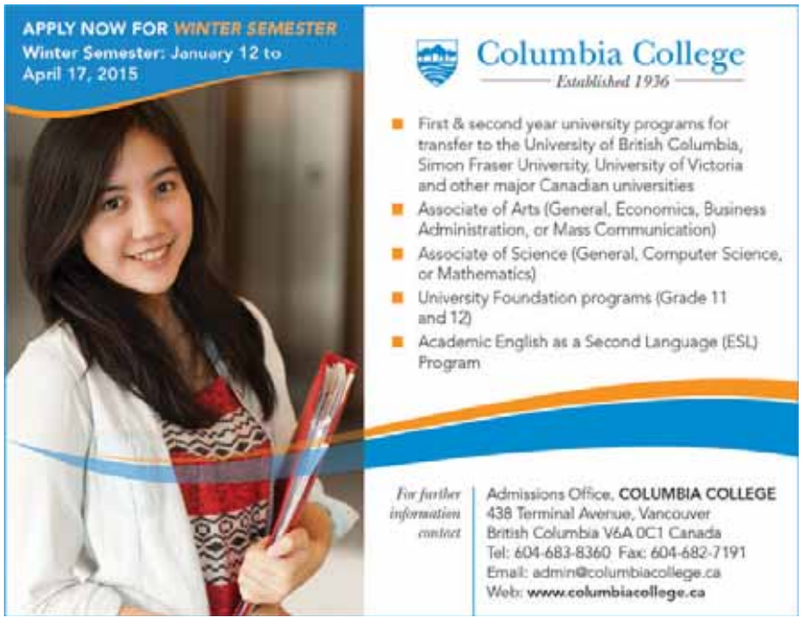
The week of Nov. 10-14 was celebrated around the world as Forensic Nurses Week. The annual occurrence is put on by the International Association of Forensic Nurses, a nursing association that represents more than 3,300 registered nurses and other professionals in 22 countries.

The week is designed to celebrate and honour the accomplishments and dedication of forensic nurses, as well as raise awareness about the significance of their work. Every day, they provide nursing care, collect evidence and provide consultation in a variety of areas including: Sexual assault; intimate partner violence; child abuse and neglect; death investigation; elder mistreatment; corrections; emergency services; mass disasters; psychiatric mental health; and public health.

"This week is so important because awareness of the specialized knowledge and skills of a forensic nurse can increase access to care for those individuals who have forensic needs, as well as health-care needs," said Sheila Early, RN, BScN, board president (and the first Canadian to hold the volunteer position). "Creating awareness of forensic nursing services within the health-care world can only lead to better public awareness and access."

Locally, Forensic Nurses Week was celebrated by the British Columbia Institute of Technology (BCIT). The school has been providing both the Fraser and Vancouver Island Health Authorities with qualified nursing examiners in their respective forensic nursing services programs since 2006. In fact, BCIT was the first educational institution in Western Canada to offer a course in pediatric examiner in sexual violence and continues to lead the way in forensic nursing education.

DANIEL HENDRIKSEN



Sujoy Ghosh Hajra and Careesa Liu received $5,000 from Blackwood Partners after pitching the idea of SCORE at the SFU Surrey-Central City Community Engagement competition. CONTRIBUTED

# SFU students SCORE

DANIEL HENDRIKSEN
For Metro

A pair of Simon Fraser University (SFU) students received financial support to help implement their project called the Surrey Collaborative Outreach and Research Experience (SCORE). The idea, developed by the students, is to develop an elite training program encouraging young innovators.

Sujoy Ghosh Hajra and Careesa Liu received $5,000 from Central City property management company, Blackwood Partners, after pitching the idea of SCORE at the inaugural SFU Surrey-Central City Community Engagement competition.

Michelle Mackay, property manager for Blackwood Partners/Central City, spoke in a press release about their collaboration with the SFU students.

"As we enjoy a close partnership with Simon Fraser University, we wanted to find a way to engage with their talented and knowledgeable students for the betterment of the community," Mackay said. "Collectively, we came up with this unique opportunity that not only integrates student life into the community, but also motivates and rewards our future leaders."

SCORE is designed provide young innovators with cutting-edge, hands-on research experiences in medical technologies, scientific training, and mentorship from researchers, business leaders, and community thought-leaders.

Last summer, a pilot program laid the groundwork for the idea and received endorsement from the city of Surrey, as well as other potential collaborators.

"The Central City neighbourhood is currently undergoing significant revitalization, led by Surrey's Innovation Boulevard," Ghosh Hajra said. "We hope to concurrently develop the future generation of highly qualified personnel to be leaders in these fields."

Kelsey Reddekopp, right, receives her scholarship award from Katherine Willems, furniture business development executive for Business Interiors by Staples. CONTRIBUTED

# Design student wins scholarship

DANIEL HENDRIKSEN
For Metro

In recognition of her workspace design skills, a Kwantlen Polytechnic University (KPU) interior design student received a $2,000 scholarship from the Business Interiors division of Staples Advantage Canada.

Kelsey Reddekopp was one of only six students from across the country and just one of two from Western Canada to receive the scholarship. The funds were reserved for those who had the best skills and style to create a design that fits the demands of today's changing corporate environment.

"I found inspiration in the Mongolian nomad because they embody flexibility and sustainability in the purest form, however, they always remain at home in their landscape," Reddekopp said in a media release. "The modern office needs to be flexible and many modern employees are considered to be 'hotelling' workers rather than permanent residents of the office space. Although this change has allowed flexibility in workplace culture, it has also caused workers to feel disconnected and yearn for social interaction."

Reddekopp expanded on just what the modern workplace has become and where it is heading in the future.

"The office is no longer just an office, it is a social hub of interaction, it encourages employees to be comfortable and it has embraced the 'home away from home' feeling. The challenge is to create an interesting and collaborative atmosphere but also to incorporate focused and quiet spaces seamlessly into the design," Reddekopp said.

# KPU. Alumni make business list

Business in Vancouver (BIV) recently released its 2014 top 40 under 40 list. Making the cut this year are two Kwantlen Polytechnic University (KPU) alumni — Lynn Cook and Kristan Ash.

After earning her accounting diploma from KPU in 1995, Cook received the Governor General's Academic Medal for highest academic standing. She then earned her CGA designation in 2000, and was awarded a top-10 student distinction. Cook has been with Colliers International for seven years, where she has led 11 of the company's acquisitions, including significant operations in the U.K. and Germany, adding $195 million to the Colliers portfolio.

Kristan Ash

Lynn Cook

Ash, who serves on KPU's board of governors and senate, is a pioneer in home-based health services. She started a business called Generations Home Care Solutions shortly after graduating. Ash then sold the company the following year to Nurse Next Door, and became vice-president of franchise and business development. Today, she is director of home health for We Care/CBI Home Health Services.

DANIEL HENDRIKSEN

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The renewed CIBC Aventura Rewards Program has been exceeding expectations since it was introduced last year. That makes sense, considering that this rewards program gives Canadians the freedom to fly where they want, when they want. The travel reward features mean that cardholders can redeem reward points for travel on any airline, have access to any available seat on the plane and fly for as few as 10,000 Aventura Points, all while enjoying no blackout periods or points expiry.

For those who enjoy shopping, the Aventura card will earn 1.5 Aventura Points for every dollar spent at gas stations, grocery stores and drugstores, two Aventura Points for every dollar spent on travel purchases made through the CIBC Rewards Centre, and three Aventura Points per dollar spent at select CIBC Bonus Rewards establishments.

Other popular features include trip cancellation, medical and trip interruption insurance, plus free round-the-clock access to CIBC Travel Concierge Service. CIBC's concierge service is well-known for its strong customer service. Travel agents work with cardholders from start to finish to provide valuable travel advice.

Other Aventura Rewards Program benefits include car rental discounts of up to 25 per cent at participating Avis and Budget locations, purchase security and extended protection insurance, auto rental collision/loss damage insurance, and flight delay and baggage insurance.

CIBC's Aventura Program was built on input it received from rewards collectors. In building the program, CIBC listened to Canadians' feedback about current travel rewards programs and built the Aventura with their wish list in mind.

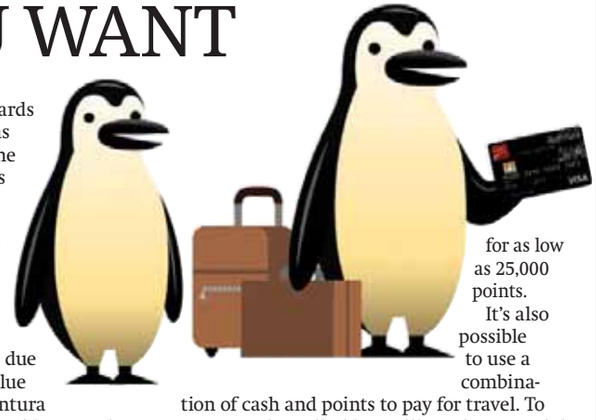
## THE FEATURES YOU WANT

To create its popular Aventura credit card, CIBC did its due diligence and asked Canadians what they were seeking in a travel reward program. Among the results, this important request stood out — clients wanted the ability to earn more points for their spending, as well as earn those points faster.

So CIBC Aventura's offer of 1.5 points per dollar spent on gas, grocery and drugstore purchases was an attractive feature. It just makes sense — who wouldn't enjoy earning extra points for ordinary purchases they would have made anyway?

When it came to booking flights, the research showed Canadians wanted the flexibility to know that they could access any available seat on any airline. As well, they didn't want any blackout periods or points expiry, and they wanted to be able to use their points toward taxes and fees.

With so many travel rewards options available, Canadians have become savvy about the pros and cons of the various programs in the market. Travel reward cardholders view CIBC's Aventura offer as attractive due to the value that Aventura Points provide toward travel costs and the ability to book travel without limitations — that means any airline, any seat, any time.



CIBC's Aventura Program also has no blackouts and no points expiry, which means cardholders can use their available Aventura Points to cover everything, including taxes and fees. With Aventura, there are short-haul flights for as low as 10,000 points and long-haul flights for as low as 25,000 points.

It's also possible to use a combination of cash and points to pay for travel. To get started, cardholders will receive a special activation bonus of up to 20,000 Aventura Points.

CIBC listened carefully to what clients said they wanted and compared the CIBC Aventura Program against existing programs. The research clearly indicates that the enhanced CIBC Aventura Program provides great value to Canadians on the features that are important to them.

### *WIN WHAT YOU REDEEM*

CIBC's Aventura Rewards Program members are currently enjoying a popular promotion called the Win What You Redeem contest, in which one person wins any redeemed points back every month.

The CIBC Aventura Rewards Program is also running special travel offers in November, including:

- Sandals Resorts — Earn an extra 10,000 Aventura Points when you book an all-inclusive luxury Sandals or Beaches vacation package.
- Sunwing RIU inclusions — Get extra services and discounts when you book RIU resorts through the CIBC Rewards Centre.
- Holland America Cruise signature amenities — These seven-night cruises start from 69,900 Aventura Points, and you will get a $50 credit when you book through the CIBC Rewards Centre.
- Rainforest Adventures — Receive a discounted adventure trip such as treetop trekking.

# Earn 50% more points on everyday items.

## Join and earn up to 20,000 Aventura Points.[1]

Shopping just got more rewarding. Earn points and get flying faster when you use your CIBC Aventura® card to make grocery, gas or drugstore purchases.[2] Plus your Welcome Bonus of 20,000 points is enough for a short haul flight worth up to $400.[3]

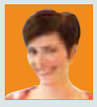
**CIBC Aventura. So good even penguins can fly™.**

**Visit us at cibc.com/penguinscanfly or call 1 855 813-9803.**

[1]Offer applies only to newly approved eligible Aventura credit card accounts opened by December 31, 2014; transfers from an existing CIBC credit card are excluded. Bonus points will be awarded to the primary cardholder after making qualifying purchases. Offer may be withdrawn or changed without notice at any time. Conditions apply; for details visit cibc.com/penguinscanfly. [2]Available with Aventura Visa Infinite, Aventura Gold Visa and Aventura World Elite MasterCard cards. Earn 1.5 Aventura Points on purchases (excluding returns) at merchants classified in the credit card network as grocery stores, service stations/automated gas dispensers or drug stores. This bonus Aventura Points offer is only available on the first $80,000 in net annual card purchases on your account (meaning all card purchases by all cardholders, at any type of merchant); after that, net card purchases at grocery, drug store and gas merchants will earn Aventura Points at the regular rate. The $80,000 limit will reset to zero after the day your December statement is printed. Terms, conditions and eligible merchant categories may change without notice. [3]For further details, see the Aventura Airlines Rewards Chart at cibcrewards.com. Visa* and Visa Infinite* are trademarks of Visa International Service Association and used under licence. The Contactless Indicator is a trademark of EMV Co. LLC. All other trademarks are owned by CIBC or related entities.

Health Solutions

## Comfort without the excess carbs



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Without a doubt, as the barometer drops, we crave cosiness and comfort.

We are indeed designed to pack on a layer of fat for the winter and sweat it off in the summer, but are thwarted by our stressful and sedentary lifestyles.

Managing this truth means choosing the best way towards comfort food by resisting the cheesy, carb-laden casserole and dishing up some starchy, vitamin-packed squash instead.

Winter squashes like butternut and acorn are really no fuss at all if you bake them whole.

The time consuming part is the peeling and this step is eliminated when roasted whole with a side order of more nutrients being contained within the flesh.

Once roasted, the skin and seeds slip right off and the remaining flesh is ready for anything.

- Add 4-5 cups cooked squash per 1 litre of broth and simmer into soup.
- Mash and use as a side dish.
- Stir into muffin mix and bake moist, warm snacks.
- Blend into pancake mix and pan-fry with bananas.
- Spread with plain Greek yogurt and season well. Serve warm as a veggie, cracker or bread dip.
- Freeze for instant stirring into soups and stews to thicken.

Squashes go well with many flavours, try:

- curry powder
- cinnamon and nutmeg
- garlic and thyme
- sage and leek

We will talk about how to lighten up when the sun comes back to play.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

# Caramelize to intensify soup

**Soup Week.** Metro's week of warming dishes you can slurp continues — and we threw in biscuits, too

THERESA ALBERT
myfriendinfood.com

This Baked Butternut Squash Soup recipe serves 12. THERESA ALBERT

Ingredients

**Soup**

- 1 large butternut squash
- 2 whole onions cut in half
- 1 tbsp butter
- 1 tbsp curry powder
- 4 cardamom pods
- 1 cup white Zinfandel wine
- 2 litres chicken broth
- Slivered hazelnuts

**Whole Wheat Sage Biscuits**

- 1 cup unbleached flour
- 1 cup whole wheat flour
- 1 tbsp baking powder
- 1 tsp salt
- 1/4 cup butter, room temp
- 1 tsp honey
- 1 cup milk soured with 1 tsp lemon juice
- 2 tbsp fresh sage

Caramelization is what develops flavour in vegetables, particularly the root or starchy varieties.

Baking butternut squash whole not only makes it easier to peel, it also enhances that sweet spectrum that makes this fall food so comforting.

**Soup**

**1.** Place whole squash and onion halves on a baking sheet and bake at 400 F for about an hour until soft.

**2.** Melt butter in pot and stir in curry powder as well as crushed cardamom, and stir for 30 seconds. Add wine and simmer for one minute. Stir in broth.

**3.** Peel and discard skin and seed of squash and onions. Add to pot and simmer 15 minutes.

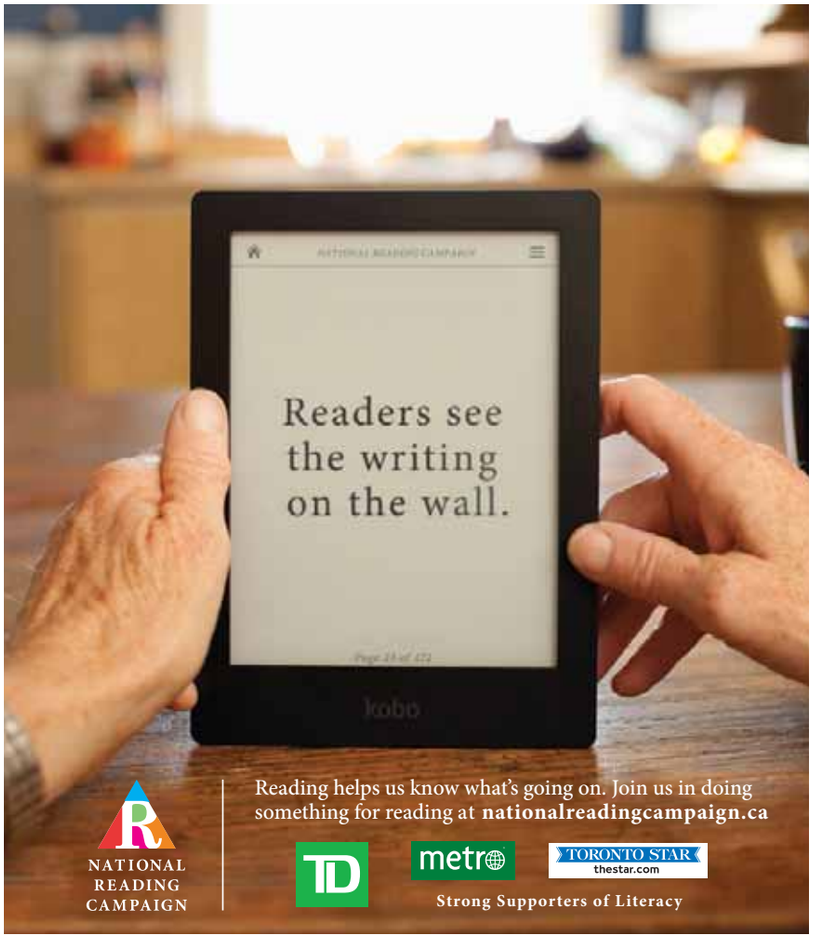
**4.** Purée with a hand wand and serve with biscuits.

**Whole Wheat Sage Biscuits**

**1.** Preheat oven to 425 F.

**2.** Mix together flours, baking powder and salt. Cut in butter and mix with your hands until it resembles small peas.

**3.** Stir honey into soured milk and lemon juice and blend into flours gently. Knead together and cut into biscuits. Bake for 15 minutes. **THERESA ALBERT IS FOUND DAILY AT MYFRIENDINFOOD.COM**



# ‘We have to make tough decisions’: GM Buono

**CFL.** Future of Lions head coach Benevides up in the air after embarrassing playoff loss to Alouettes

CAM TUCKER
cam.tucker@metronews.ca

Lions head coach Mike Benevides pauses for a moment during a news conference at the team’s practice facility in Surrey on Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

There were plenty of questions, few concrete answers and now room for speculation as Lions head coach Mike Benevides and GM Wally Buono addressed reporters in the wake of Sunday’s disastrous B.C. Lions playoff loss to the Montreal Alouettes.

It was time to “face the music,” said Buono.

The futures of Benevides and quarterback Travis Lulay, who has dealt with recurring right-shoulder problems in each of the last three seasons, are up in the air.

A 50-17 score on Sunday flattered the Lions, who later scored two late touchdowns in the fourth quarter well after the Alouettes had put the game away.

“I learned ... we’re not good enough,” said Buono.

Benevides — coach for the past three seasons after replacing Buono, the CFL’s all-time leader in wins as a coach — was on the hot seat Monday.

“We have to make decisions,” said Buono of Benevides. “We have to make tough decisions.”

When asked if Benevides will be back next season, Buono didn’t offer a direct response.

“Are any of us going to be back next season?” said Buono.

Benevides, signed in June to a contract extension through 2016, tried to put on a brave face when asked about the possibility of losing his job.

“I don’t worry about that, to be honest with you,” he said.

He has yet to win a playoff game in his three-year tenure. In two out of the last three post-season games the Lions were utterly outclassed.

There’s a popular refrain in sports about coaches losing the room. Benevides was asked if that was the case in Lions’ last game, if players had started to tune him out.

“The reason that occurs is failure to win,” he said.

“At the end of it, did I feel they competed all the time and gave everything? Yes. Did I feel they prepared well? Yes.”

Buono put the blame on everyone: The coaches, himself, and the players.

“They (the Alouettes) executed better. Their coaches coached better. Their GM did whatever he did better and their players played better,” said Buono.

Injury woes

## *Lulay suffered setback, says Benevides*

B.C. Lions head coach Mike Benevides said quarterback Travis Lulay, who started only one game this season due to a shoulder injury, suffered a setback during the warm-up Sunday.

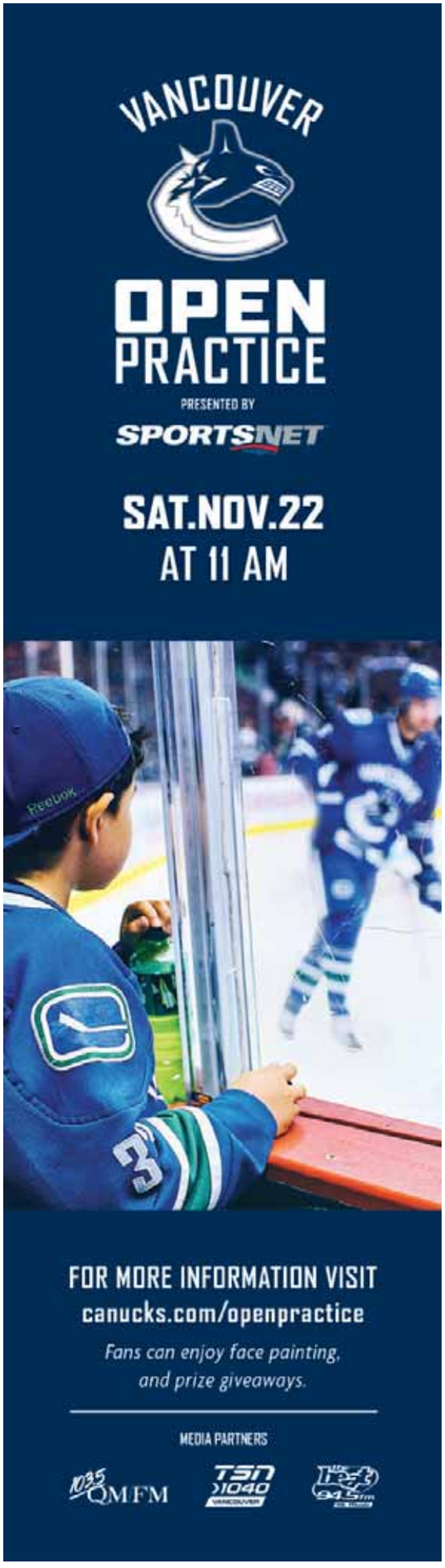
Lulay did not play in the loss.

Recurring shoulder problems and risk of further injury to Lulay has cast concern to whether he will be rehabbed and ready for next year.

“He’s got six months to get to where he wants to be,” said GM Wally Buono.

“Can I tell you today who I know who the starting quarterback’s going to be next year? I’m going to say I don’t.”

Travis Lulay GETTY IMAGES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Russell Martin and the Blue Jays have agreed to a five-year, $82-million deal, according to reports. JOE SARGENT/GETTY IMAGES FILE

# Jays add Russell Martin: Reports

**MLB.** All-star catcher, a Toronto native, agrees to terms hot on the heels of Jays hiring a new hitting coach

New Toronto Blue Jays hitting coach Brook Jacoby was quite impressed by Russell Martin when he saw the Canadian catcher play in the National League.

If multiple media reports are true, the two will get a chance to work together next season in Toronto.

Several outlets reported Monday that the Blue Jays have agreed to a five-year, $82-million US contract with Martin. The three-time all-star hit .290 with the Pittsburgh Pirates last season with 11 home runs and 67 RBIs in 111 games.

Martin, 31, spent the last two seasons in Pittsburgh. The Toronto native, who grew up in Chelsea, Que., broke into the major leagues with Los Angeles in 2006 and spent five years with the Dodgers before a two-year stint with the New York Yankees.

Over nine seasons, the three-time all-star has a career .259 average with 119 home runs and 540 RBIs.

Jacoby, speaking on a conference call after his own hiring was announced, said he didn't know anything about the reported deal with Martin.

"He did bring a lot for Pittsburgh, not only offensively in that catcher's position, but his relationship with the pitchers and how well he worked the pitchers against hitters," Jacoby said. "I got to see it first-hand with him.

"What an asset he would be to any ball club that could get him. I hope that is true (that Martin is Toronto-bound)."

THE CANADIAN PRESS

**$325-million contract**

## Stanton, Marlins sign record deal

Miami Marlins slugger Giancarlo Stanton has agreed to terms with the team on a 13-year, $325-million contract. Team owner Jeffrey Loria has confirmed the deal, the most lucrative for an American athlete.

The deal averages $25 million per season, or $154,321 per game. It includes a no-trade clause, and Stanton can opt out after six years, Loria said.

A news conference is planned for Wednesday.

"It's a landmark moment for the franchise and Giancarlo, and it's for the city and fans to rally around," Loria said.

Any kind of multiyear deal is a big departure for the Marlins and Loria, whose frugal ways in the past alienated fans, angered the players' union and made the franchise the butt of jokes.

THE ASSOCIATED PRESS

**Four-player deal**

## Braves trade Heyward to Cards

The Atlanta Braves dealt outfielder Jason Heyward and reliever Jordan Walden to the St. Louis Cardinals on Monday for right-handed starter Shelby Miller and minor-league pitcher Tyrell Jenkins.

The deal ends Heyward's tenure with his hometown team and lands a young pitcher to bolster Atlanta's rotation.

John Hart, the Braves' new general manager, signalled the start of a major overhaul after the team slumped to its first losing season since 2008.

THE ASSOCIATED PRESS

## Monday night. Steelers blow lead, rally to win

Ben Roethlisberger threw a 12-yard touchdown pass to Antonio Brown with 9:01 left, and the Pittsburgh Steelers beat the Tennessee Titans 27-24 on Monday night.

The Steelers (7-4) staged an impressive rally in the second half to keep pace in the successful AFC North heading into their bye. Le'Veon Bell ran for 204 yards and a TD, and William Gay returned an interception 28 yards for a score. Shaun Suisham kicked two field goals.

THE ASSOCIATED PRESS

Ben Roethlisberger
THE ASSOCIATED PRESS

## Seahawks. Super Bowl champs face decisive week

Less than six feet was all the Seattle Seahawks needed to change the tenor of where they stood compared to the rest of the NFC.

Instead, the Seahawks were turned away on three different fourth-down attempts on Sunday against Kansas City and now sit three games behind division- and conference-leading Arizona with six games to play.

It's not a comfortable spot for the defending Super Bowl champions, even with two games remaining against the Cardinals, the first coming this Sunday at home. Seattle's remaining opponents have the highest combined winning percentage that any team will face over the final six weeks of the season. THE ASSOCIATED PRESS

**All or nothing**

"It's a one-game shot right now."

**Coach Pete Carroll** about the importance of this week for the Seahawks

## AUGMENTED REALITY

**Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**

metro AR

→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries
**March 21 - April 20**
You may feel that a target is beyond your reach but you can get there if you are prepared to make sacrifices. You could opt for an easier objective but you must make a decision quickly.

### ♉ Taurus
**April 21 - May 21**
People hold you in high regard because you refuse to be like everyone else. Emphasize your uniqueness and you will find your natural place — at the top.

### ♊ Gemini
**May 22 - June 21**
You may be tempted to bulldoze through obstacles today but you can get what you need by less provocative methods. Might sometimes makes right, but not today.

### ♋ Cancer
**June 22 - July 23**
Be honest about what you desire, even if there is little chance of getting it. You won't change other people's attitudes overnight, but you can put down a marker for the future.

### ♌ Leo
**July 24 - Aug. 23**
Something you think of today has the potential to transform your existence, but only if you have more confidence in yourself as an ideas person.

### ♍ Virgo
**Aug. 24 - Sept. 23**
You have more in common with a rival than you realize. Instead of fighting each other, pool your resources. As a team, you will be unbeatable.

### ♎ Libra
**Sept. 24 - Oct. 23**
Because there is something you desire you won't hesitate to be assertive today. Be sensible though – know when it is wise to hold back.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
If you want to achieve something special, set targets that are not too easy to reach. You are capable today of efforts above and beyond the norm.

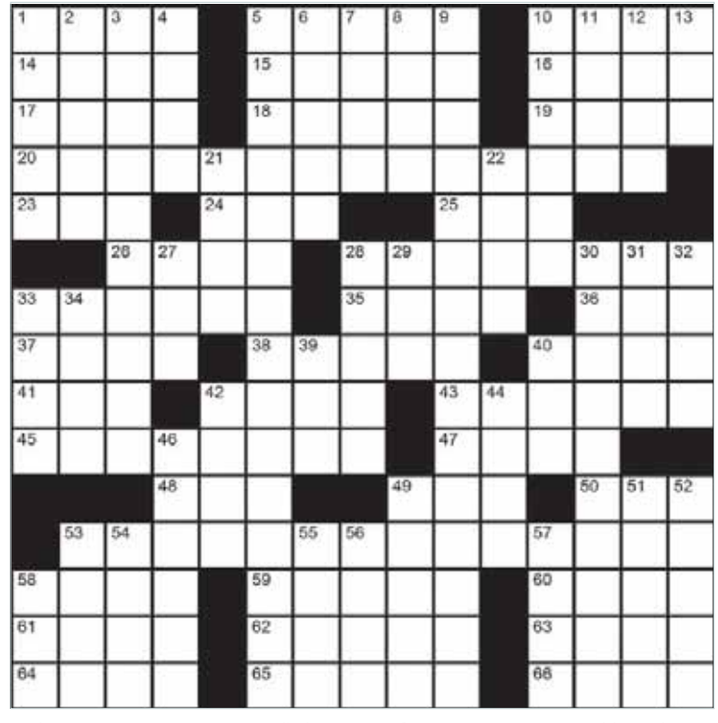
### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Don't try to finish something that has become a bit of a chore. You have lost interest in it is because your attitude towards it has changed. It is no longer important today.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
You may find it hard to cut back on your social life but you know you have to if you are to make the most of a business opportunity.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
Saturn, planet of limitation, warns if you take on too much you may end up further from your long-term goal than when you started. There's no rush.

### ♓ Pisces
**Feb. 20 - March 20**
Your daydreams could get you into trouble. Some things are meant to be acted on and some things are meant to remain a fantasy. Keep your imagination under control.

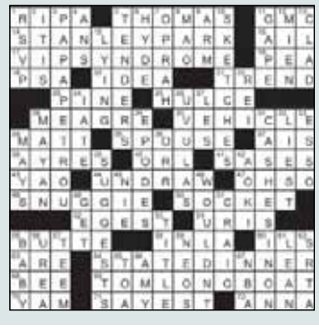
## Crossword: Canada Across and Down by Kelly Ann Buchanan



**Across**
1. Brave New World tablet
5. Some cheeses
10. Twelvemonth
14. "Waking __ Reno" (2002): 2 wds.
15. 'You Win' opposite: 2 wds.
16. Regarding: 2 wds.
17. "Yes, yes!" in Spain
18. Honda model
19. Scot's negatives
20. Kenora, ON's giant fish sculpture: 3 wds.
23. Gremlin
24. Actress Lucy
25. "Norma __" (1979)
26. Famous cookie
28. Health drink place: 2 wds.
33. Ms. Kelly, Canadian who married Princess Anne's son in 2008
35. Guesses [abbr.]
36. TV brand
37. Cracker topping
38. "Never.": 2 wds.
40. Ms. Perry
41. 'Capri' suffix
42. Beaver __, BC
43. Guitarist Mr. Eddy's
45. __ Molson Memorial Stadium (Montreal Alouettes home)
47. TV honcho
48. Path [abbr.]
49. Stock mkt. debut
50. Groove
53. Ed Grimley's favourite game show: 3 wds.
58. Dull noise
59. Concepts
60. Pluses
61. Hwy. truck
62. 'Sleep'-meaning prefix
63. Deer's tail type
64. Anyone annoying
65. Terence d'Arby connecter
66. Tal Bachman's "__ So High"

**Down**
1. Rolled-in-rice wappetizer
2. Yves Saint Laurent perfume
3. Renee Zellweger movie about 'Peter Rabbit' author/illustrator Beatrix: 2 wds.
4. Canadian satellite
5. Type of Scotiabank Giller Prize winner: 2 wds.
6. Welsh merchant Yale University is named after, __ Yale (b.1649 - d.1721)
7. 'Slithy' Lewis Carroll creature
8. "Sure __ __ standing here!"
9. Fee of trust: 2 wds.
10. "__ Doodle Dandy" (1942)
11. Mr. Morales
12. Perfectly, to __ __
13. Iceland band, with Sigur
21. Space stuff
22. Pouches
27. Ms. McClanahan
28. Gem
29. Demi Lovato's "Made in the ___"
30. Kellogg's Raisin __ __
31. Entr'__ (Theatrical interlude)
32. Sunny beams
33. Each: 2 wds.
34. 'Accent' add-on (Emphasize)
39. Eggs, Latin-style
40. "Ship and the Globe" Toronto-based singer/songwriter, __ Sun
42. Mention
44. Wife: Latin
46. Purchaser's 'plastic'
49. Q. "Do you know __ __ Sothern is still alive?" A. "I do, and she's not, alas."
51. Excessive
52. Tries
53. "What fun!"
54. Closed-lips sings
55. Product brand for feet, __-Eaters
56. __ covert (Married woman, olde-style)
57. Itar-__ (Russian news agency)
58. Chef's meas.

## Yesterday's Crossword



## Online

See today's answers at metronews.ca/answers

## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

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| | | | 8 | 9 | | | | |
| | | 6 | | | 7 | 4 | | |
| | 7 | 5 | | 6 | | 3 | 9 | |
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| 4 | | 8 | | | | 9 | | 2 |
| 9 | | | | | | | 3 | |
| | 6 | 1 | | 4 | | 2 | 5 | |
| | | 3 | 5 | | | 8 | | |
| | | | | 1 | 6 | | | |

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## Yesterday's Sudoku

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|---|---|---|---|---|---|---|---|---|
| 7 | 1 | 6 | 9 | 2 | 8 | 3 | 5 | 4 |
| 5 | 9 | 3 | 7 | 4 | 6 | 8 | 2 | 1 |
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| 4 | 7 | 9 | 8 | 3 | 2 | 1 | 6 | 5 |
| 3 | 5 | 8 | 4 | 6 | 1 | 7 | 9 | 2 |
| 9 | 8 | 7 | 6 | 5 | 4 | 2 | 1 | 3 |
| 6 | 4 | 1 | 2 | 9 | 3 | 5 | 8 | 7 |
| 2 | 3 | 5 | 1 | 8 | 7 | 9 | 4 | 6 |

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No purchase necessary. Contest open to Canadian residents who have reached the age of majority in her/his province/territory of residence before November 18, 2014 (**"Eligible Participants"**). Eligible Participants will be automatically entered into the contest upon making a new flight booking exclusively on the Canadian consumer edition of aircanada.com between November 18, 2014, at 12:01 a.m. EST and December 8, 2014, at 11:59 p.m. EST. The Eligible Participant who will be entered into the contest will be the person who makes the new flight booking and provides his/her contact information at time of booking. Aeroplan membership is not required for contest eligibility but will be required in order to claim all prizes. Ninety-one (91) prizes consisting of: One (1) grand prize of one million (1,000,000) Aeroplan Miles and ninety (90) secondary prizes of one hundred thousand (100,000) Aeroplan Miles for a total of ten million (10,000,000) Aeroplan miles are available to be won. Eligible Participants will be selected by random prize draw. Odds of winning depend on the total number of eligible entries received. Additional terms and conditions apply. Skill-testing question required. Visit **aircanada.com/10millionmiles** for full contest rules and regulations including how to enter without making a purchase. ®Aeroplan is a registered trademark of Aimia Canada Inc.